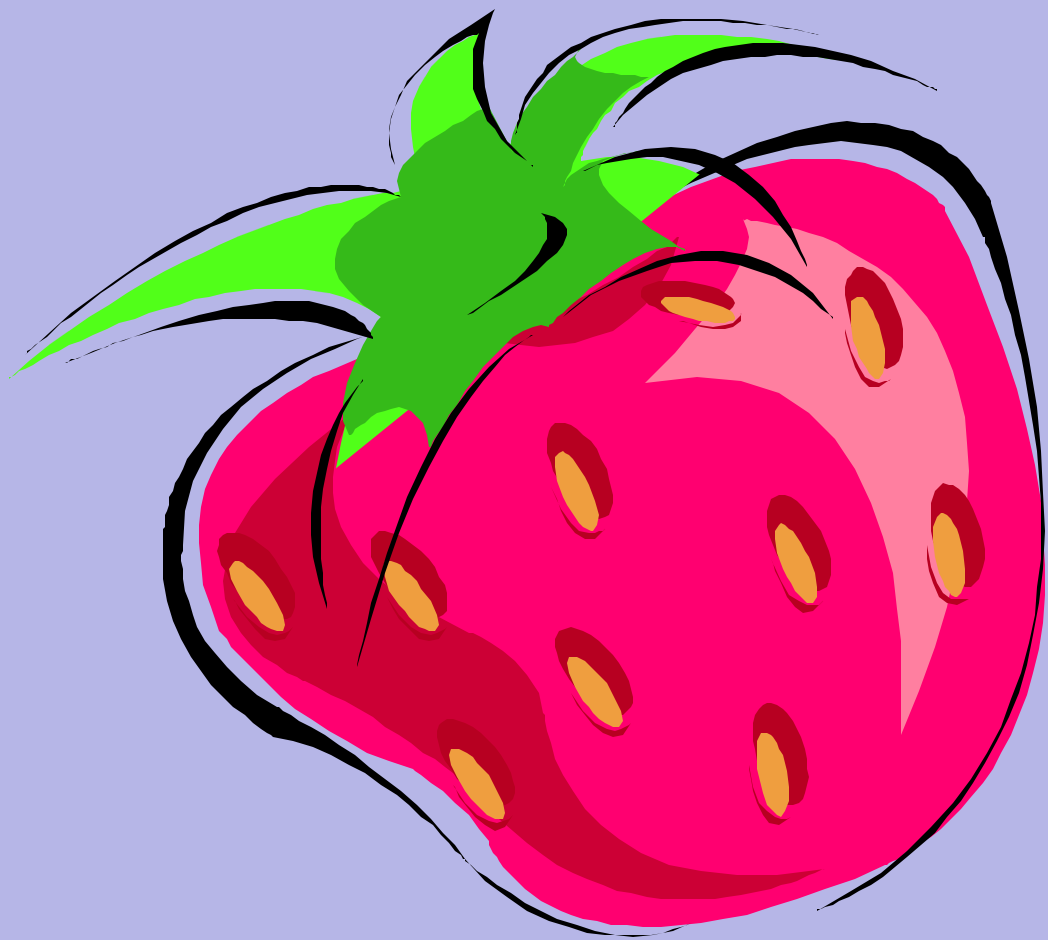
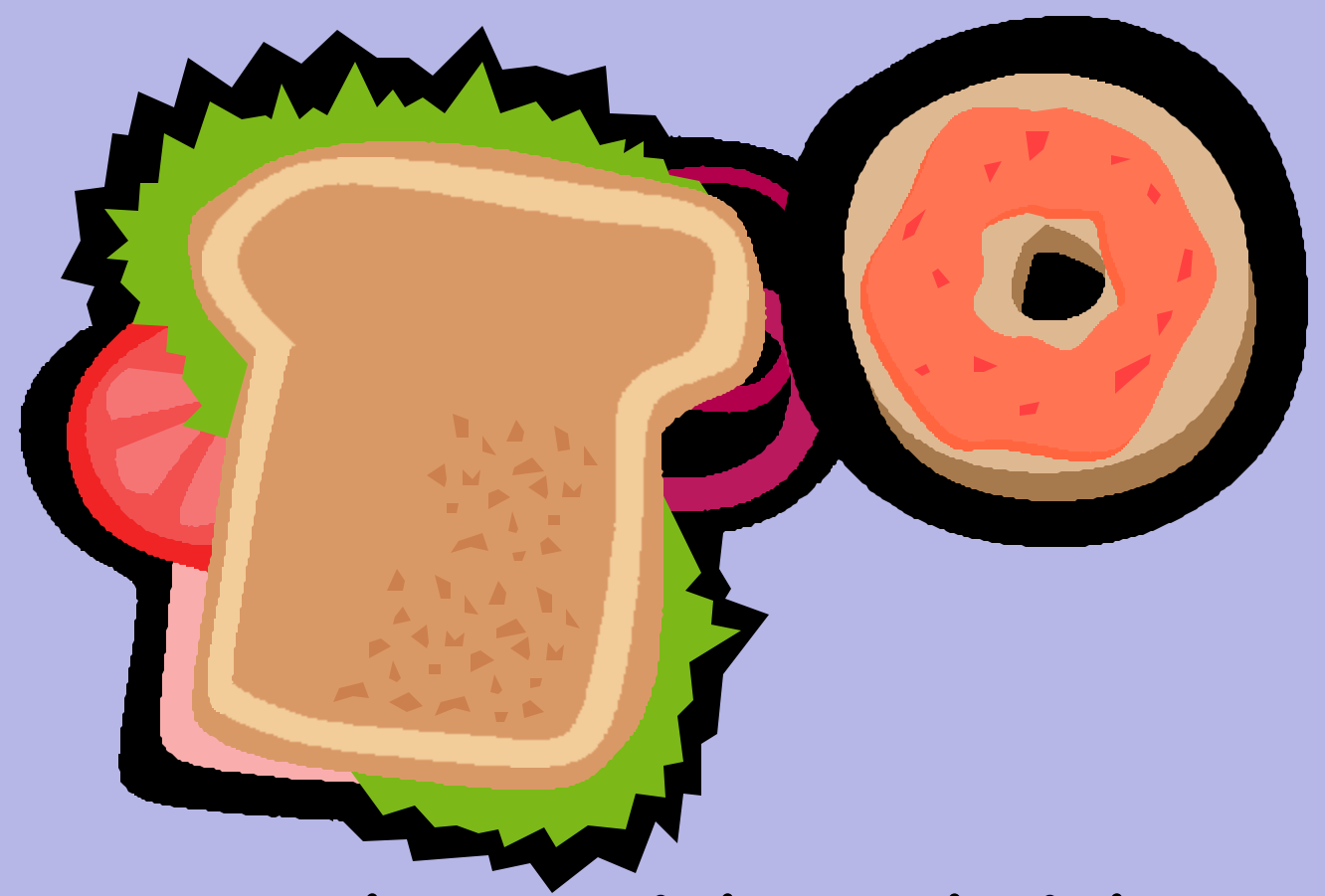


Power Lunches in a SNAP!

Snap together a lunch by picking one item from every group....

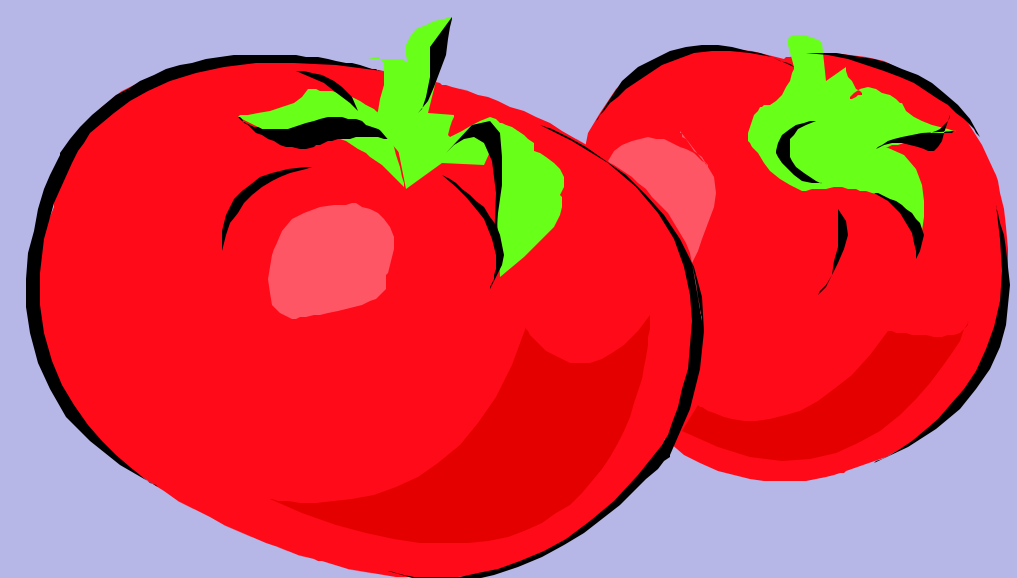


Pick a piece of fruit.



Make a quick sandwich.
Turkey and tomato is tasty.
How about a bagel and cream
cheese or crackers and
sliced cheese?

Some milk or a
cup of yogurt will
round out your
lunch.



Add a vegetable—slice
some tomatoes or munch on
baby carrots.